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Obesity profile in Mumbai University

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Background & Aim: Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. It is a serious international public health problem which urgently needs action on a global scale. To prevent and manage overweight and obesity, systematic assessment and evaluation is very essential. The present study aimed to observe the fat profile of the Mumbai University employees.

Method: Total 30% data were collected from total 100 teaching and non-teaching permanent faculties of University of Mumbai in 2018. The sample was collected on random sampling basis. Height (cm), Weight (kg) and Visceral fat % measured by Omron Karada scan 370. BMI were calculated as per WHO methods and criteria.

Result: Body mass index was measured and observed, according to obtained data from both the categories of employees it has been seen that 73.80% teaching faculty has higher level of body fat % whereas non-teaching faculty has 95.07% higher level of body fat %. On the other hand 26.19% and 4.92% teachers and non-teachers having normal range of body mass index, respectively. Visceral fat % reference normal range is given 0.5-9.5. Accordingly 65.88% teachers and 50.69% non-teachers has more than 0.5-9.5 range of visceral fat %, rest of 34.11% and 49.30% teaching and non-teaching employees having normal visceral fat %, respectively.

Conclusion: The teaching and non-teaching employees BMI profile found 73% population having higher fat percentage.

Biography

Madhuri Sadgir is currently working as an Assistant Professor at the Department of Physical Education, University of Mumbai, India.

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